

Name: _____ Date: _____



On a scale of 0-10 with 10 being ideal, please grade each area of your life as you see it now.

- _____ Physical Self - physical body, appearance, health, mental state,
- _____ Spiritual & Personal – religion, faith, self love & appreciation, thoughts
- _____ Financial – income, savings, spending, debt, credit
- _____ Relationships – family (spouse/children/siblings), career/work, networks, friends, social
- _____ Environment – home, office, vehicle, nature, community, house of worship
- _____ Fun & Personal Growth – hobbies, free time, relaxation, travel, education
- _____ Professional – business, career, stay at home parent, job, professional duties
- _____ Legacy – contribution, community, charity, your mark

Now, enter the number you rated each area by charting or plotting the point with a dot on the line associated with each particular area. Once complete, connect the dots to view your circle. Is it in balance? Or are there areas that are pulling or weaker than other stronger ones? The areas of weakness tend to drag a person down, become a nuisance and keep us out of balance. The key to the exercise and in a successful life is to have all areas complimenting each other, looking and feeling well rounded. If an area is out of balance a Success Coach can develop a plan to work on specific areas to increase balance in your life and a more well-rounded existence, moving you towards your goals and ultimate success.

